



**Oregon Women Sports  
Leadership Network**

# 2019 WORKSHOP

## WHEN

**January 26th  
9am - 1pm**

## WHERE

**Westside Christian High School**  
8200 SW Pfaffle St, Tigard, OR 97223

## ONLINE REGISTRATION

**[Click Here](#)**

**This workshop, presented by the Oregon Women Sports Leadership Network, is an opportunity for women involved in athletics to connect. Additionally, it is intended to encourage young women to become involved in athletics beyond simply playing.**

**WORKSHOP FEE \$20  
COST COVERS REGISTRATION  
FEE, CONTINENTAL BREAKFAST,  
AND LUNCH.**

## AGENDA:

**8:30 - 9 am**

**Check-In & Breakfast**

**9 - 9:15 am**

**Opening Remarks**

**9:15 - 10 am - Session 1**

**Coaching Generation Z**

**10:05 - 10:50 am - Session 2**

**Team Leadership & Captains**

**10:50 - 11:05 am - Break**

**11:05 - noon - Session 3**

**Supporting Players with Anxiety  
& Mental Health Challenges**

**Noon - 1 pm - Lunch**

**1 pm - Shopping**

**Nike Employee Store**



## NIKE SHOPPING

**Visit to the Nike Employee  
Store for those registered by  
Friday, Jan. 18th.**